

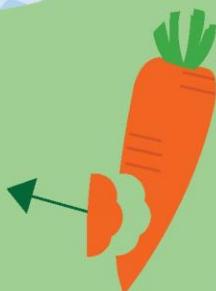
Kobcinta Mustaqbal Caafimaad leh ayadoo la kaashanaayo CACFP

Maalin kasta, in ka badan 4 milyan oo carruur ah ayaa cuntooyin iyo cunto fudud ka hela Barnaamijka Cuntada Daryeelka Carruurta iyo Waayeelka (CACFP) ee USDA. Iyadoo ay sabab u tahay isbadalada dhawaan lagu sameeyay qaybaha cuntada ee CACFP, waxaad hadda helaysaa xataa fursado dheeraad ah ood uga caawin karto ilmahaaga inay helaan cunto nafaqo leh ee ay ugu baahan yihiin **waxbarashada, kobaca, iyo ciyaarta.**



Cunista Khudaarta

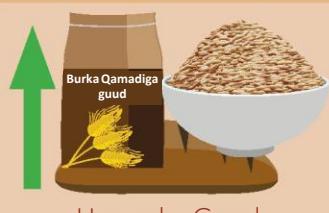
Wax kayar
10% kamid
ah 4- ilaa 8
sano jirada
ayaa cuna
khudaar ku
filan.



Khudaarta iyo miraha ayaa hadda ah labo qaybood oo kaladuwani oo la cuno xiliyada qadada, cashada, iyo cuntada fudud. Tani waxay ka dhigan tahay inaad khudaar iyo miro siin karto marar badan ilmahaaga aadna ka caawin karto carruurta inay jeclaystaan cuntooyinka caafimaadka leh biloowga hore ee noloshooda.

Xili Hore U bilaabida Carruurta Haruurka Guud

Carruurta da'doodu u dhaxayso 1 ilaa 13 sano jir ayaa cuna **cadadka labo jibaar** ee haruurka la buunsho baxshay oo ka badan intii ay ahayd inay cunaan, laakiin ma cunaan haruurka guud oo ku filan.



Haruurka Guud



Haruur La Buusho Baxshay

Hadda carruurta ayay u badan tahay inay cunaan cuntooyin ay ka buuxaan haruurka guud ugu yaraan **halmar maalintii**. Haruurka guud ayaa siinaaya ilmaha feetamiino, macdan, iyo fabar si ay uga caawiso inay xoog yeeshan ayna caafimaad qabaan.

Hadalka Ilmaha: Isbadalada lagu sameeyo Qaybaha Cunta Dhalaanka

Qaybaha cuntada ilamahe ee wax laga badalay ayaa taageeraaya caafimaadka ka qaybgalayaasha ugu da'da yar ee CACFP ayagoo:

- Soo magaaya lacagta cuntooyinka marka hooyooyinku ku nuujiyaan goobta
- Ku darista tiro badan oo cuntooyin ah looguna talagalay ilmaha si loogu tijaabsho inta lagu jiro sanadkiisa koobaad ee nolosha



*Cuntooyinka ay ka buuxaan haruurka baalkiisa qaba oo ka kooban 100% haruurka guud ama ka kooban ugu yaraan 50% haruurka guud iyo haruurada kale ee ku jira cuntada ayaa la kobcinayaa.

Ilaha:

<https://health.gov/dietaryguidelines/2015/>

https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html

https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html

Yaraynta Sonkorta Cuntada Lagu daro



Celcelis ahaan, carruurta u dhaxeeya 9 ilaa 13 sano jir ayaa cuna inta u dhaxaysa 17 ilaa 22 qaado oo sonkorta cuntada lagu daray ah maalin kasta.



Ayadoo la yaraynaayo sonkorta lagu daro suusaca iyo badarka, iyo inaan la xisaabin macmacaanka, doorshaha iyo waxyabaha kale ee badarkalaga sameeyay ee buuxiya baahida badarka ilmuu cunaayo, cuntooyinka lagu baxsho CACFP ayaa siinaaya carruurta fursad ay isku dayaan— ayna ku jeclaystaan— cuntooyin caafimaad leh, oo cusub.



Adeegga Cuntada iyo Nafaqada

FNS-651

Abril 2017

<https://teamnutrition.usda.gov>

USDA waa adeeg bixiye, loo shaqeeye, iyo dayn bixiye loo siman yahay.